

## One Patient's Story- Lichen Sclerosus

I met Dr. Lisa a long time ago, when I went to her for scarring on the skin of my face, and she helped me right away. That was 8 years ago. But the most amazing treatment I received at Renew was ThermiVa and the O Shot.

I was suffering with pain and itching in the vaginal area. It was itchiness all the time, and it was even waking me up at night time. I didn't know what it was, I was thinking maybe it was a really bad yeast infection, or some type of thing like that. So, I went to numerous doctors, and numerous doctors including OBGYNs actually examined me *while I was having these breakouts*, and they could not see it! So, that was very frustrating and quite a bit discouraging to see that you have all of these nice doctors, very caring, professional, well-educated doctors – and they were almost looking at me, like “What's wrong with you?” – Like, there's nothing there, everything is fine - but I'm like “No, listen, you don't understand!”

Finally I went to see my dermatologist. This dermatologist did not actually examine me, but I was explaining to her the symptoms I was getting and exactly the appearance of the breakouts and how it was so debilitating, like it's really the worst thing ever... It burned and itched, the lesions would like open up, like a line almost that would crack - and in the place where it cracked for me was in a very uncomfortable place - it was near the clitoris, so it was very painful. It's like slow torture - and to the point where it was hard to wear clothes, even to bathe it would hurt. I didn't know what would make it better - water, no water, what do I do? And everyone before that I talked to said “Oh well I don't know, we really don't know all that much about that.” The dermatologist said “Well I really think what you are talking about could be Lichen Sclerosus.”

The dermatologist explained that the best way to diagnose this, and to really be 100% sure that that's what it was, I would need a biopsy, preferably when I was having a flare up. She referred me to what they call a “V-Clinic” a specialty office for the vaginal area. I had the biopsy done, and it confirmed Lichen.

My primary care had already started treating me with steroid ointment - Clobetasone - a very strong ointment. As soon I applied the cream the symptoms got better, but then it wears off and the symptoms are back. Then other things started. I got yeast infections and urinary tract infections more often when using the cream. The doctors also were saying to be careful with this steroid, with long-term use it actually hurts your skin. So, it takes care of the immediate problem - which was great, no complaint about that- but it's not good for the skin and I was getting complications. They were really good about helping me with relieving the pain, but they didn't have any good plan I think for the future. So that was very scary because it was like “Oh my God, okay if this steroid is hurting me then what can I do naturally to get rid of this?” Nobody was giving me any type of direction, or any type of indication that this was ever going to go away.

The textbook definition says “Inflammatory disease involving the skin and mucous membranes; chronic recurring rash of unknown cause, with no established cure.” But that's not true, there is a cure. It's called ThermiVa and O-shots, and the two of them combined cured the symptoms for me. I think what's great about my story is that I kind of like have a savior in all of this, and that would be Dr. Lisa Vuich.

I had read about the O-shots before, but never thought that was something that I needed, or something I could have benefited from. I don't know, maybe part ignorant, part not paying attention, part - who knows. One day I was at Renew for something else, I got to talking to Dr. Lisa. She must have been listening, I must have dropped a few sentences here and there of what's happening, and so she mentioned this treatment that she thought could help me. I was not really too enthused about it at first- I had seen all these doctors before, but she was so enthusiastic about it, and I trusted her. She was 100% right. It's been amazing.

She did three treatments of ThermiVa and I had my first shot O-shot . I never had to use the ointment, never once again. The V Clinic actually had prescribed another medicine instead of the first steroid I was taking, but I never had to use that either. Only once afterward I felt like a little itchiness - I sort of pushed the panic button and called Dr. Lisa and said can I set up an appointment ASAP- so I received another O-shot. They got me in right away. I think every woman should have the opportunity to have this done, just because it's amazing - it worked with the Lichen but it also improved the area on so many other different levels.

It's is amazing how I can look at a list of 60 appointments I had before doing the treatments at Renew. I think it's really nice that I invested a very short amount of time into ThermiVa and O shots, and got such a wonderful outcome. Financially it is not cheap - you have to plan for that. But compare that with 60 appointments with copays, and more importantly with all that suffering that I did- and the wondering every day "Oh my God is this thing going to act up again?" You know you could be eating in a restaurant and having fun, and all of a sudden this thing starts going, and it's this unbearable itching that you cannot make go away unless you put something on it. It was a nightmare.

Once my symptoms were gone, my husband noticed how much better I felt, and how I did not wake up now every night reaching out for creams and saying "oh my God this hurts". He noticed that, and he noticed that I was just in a better mood, and feeling more like being intimate with him. It's hard to put into words everything that this treatment does. I would recommend it to every woman.

Renew MediSpa is a special place-it is full of talent, experience and knowledge. Dr. Lisa is very patient. I always tell her all my problems and she comes up with a solution that's amazing. I've always had very good treatment there. She's a hard worker - every time she does treatments for me I always know she puts that extra effort into it. It just shows in the way she takes her time, and she listens to you first of all. She is just very personable, and it makes you feel good investing your money in treatments with somebody like that.

I was nervous of course about getting the vaginal treatments and injections, but she made it very comfortable and she made sure that I felt like no pain. Her assistant is excellent. You can tell Dr. Lisa is always paying attention to everything everyone is doing around her. I would have to say when Dr. Lisa works on me - I always feel like she puts 120% in. Every now and then we sit down and have a consult, and I ask her "What do you think – how should I best use my budget" - and she always recommends treatments that are very beneficial to me.

Since my treatments with ThermiVa and the O shot, I have been back to the V clinic. The doctors there could not believe their eyes. They were looking for scarring and it was gone. The skin lesions were gone. They asked me a lot of questions and I gave them Dr. Lisa's information. I also told my dermatologist- she asked me to get her more information. I personally brought her Dr. Lisa's brochures and business cards- so that she can give them to other patients who are suffering.

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